

Full Report (All Nutrients) 01031, Cheese, neufchatel

Report Date:September 19, 2015 09:05 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package (3 oz) 85g
Proximates						
Water ¹	g	63.11	2	--	17.89	53.64
Energy	kcal	253	--	--	72	215
Energy	kJ	1059	--	--	300	900
Protein ¹	g	9.15	2	--	2.59	7.78
Total lipid (fat) ¹	g	22.78	2	--	6.46	19.36
Ash ¹	g	1.37	2	--	0.39	1.16
Carbohydrate, by difference	g	3.59	--	--	1.02	3.05
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total ¹	g	3.19	2	--	0.90	2.71
Sucrose ¹	g	0.00	2	--	0.00	0.00
Glucose (dextrose) ¹	g	0.00	2	--	0.00	0.00
Fructose ¹	g	0.00	2	--	0.00	0.00
Lactose ¹	g	3.19	2	--	0.90	2.71
Maltose ¹	g	0.00	2	--	0.00	0.00
Galactose ¹	g	0.00	2	--	0.00	0.00
Starch ¹	g	0.50	2	--	0.14	0.42
Minerals						
Calcium, Ca ¹	mg	117	2	--	33	99
Iron, Fe ¹	mg	0.13	2	--	0.04	0.11
Magnesium, Mg ¹	mg	10	2	--	3	8
Phosphorus, P ¹	mg	138	2	--	39	117
Potassium, K ¹	mg	152	2	--	43	129

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Sodium, Na ¹	mg	334	2	--	95	284
Zinc, Zn ¹	mg	0.82	2	--	0.23	0.70
Copper, Cu ¹	mg	0.027	2	--	0.008	0.023
Manganese, Mn ¹	mg	0.011	2	--	0.003	0.009
Selenium, Se	µg	3.0	--	--	0.9	2.6
Vitamins						
Vitamin C, total ascorbic acid ¹	mg	0.0	2	--	0.0	0.0
Thiamin ¹	mg	0.022	2	--	0.006	0.019
Riboflavin ¹	mg	0.155	2	--	0.044	0.132
Niacin ¹	mg	0.210	2	--	0.060	0.178
Pantothenic acid ¹	mg	0.575	2	--	0.163	0.489
Vitamin B-6	mg	0.041	11	0.005	0.012	0.035
Folate, total ¹	µg	14	2	--	4	12
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	2	--	4	12
Folate, DFE	µg	14	--	--	4	12
Vitamin B-12 ¹	µg	0.30	2	--	0.09	0.26
Vitamin A, RAE	µg	241	--	--	68	205
Retinol	µg	239	--	--	68	203
Carotene, beta ¹	µg	27	2	--	8	23
Carotene, alpha ¹	µg	0	2	--	0	0
Cryptoxanthin, beta ¹	µg	0	2	--	0	0
Vitamin A, IU	IU	841	--	--	238	715
Lycopene ¹	µg	0	2	--	0	0
Vitamin E (alpha-tocopherol) ¹	mg	0.40	2	--	0.11	0.34
Tocopherol, beta ¹	mg	0.00	2	--	0.00	0.00
Tocopherol, gamma ¹	mg	0.03	2	--	0.01	0.03
Tocopherol, delta ¹	mg	0.00	2	--	0.00	0.00
Vitamin K (phylloquinone) ¹	µg	1.7	2	--	0.5	1.4
Lipids						
Fatty acids, total saturated	g	12.790	--	--	3.626	10.872
4:0	g	0.609	6	0.067	0.173	0.518

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6:0	g	0.210	6	0.009	0.060	0.178
8:0 ¹	g	0.242	2	--	0.069	0.206
10:0 ¹	g	0.548	2	--	0.155	0.466
12:0 ¹	g	0.607	2	--	0.172	0.516
14:0 ¹	g	2.025	2	--	0.574	1.721
15:0 ¹	g	0.209	2	--	0.059	0.178
16:0 ¹	g	5.633	2	--	1.597	4.788
17:0 ¹	g	0.119	2	--	0.034	0.101
18:0 ¹	g	2.555	2	--	0.724	2.172
20:0 ¹	g	0.033	2	--	0.009	0.028
22:0 ¹	g	0.000	2	--	0.000	0.000
Fatty acids, total monounsaturated	g	5.784	--	--	1.640	4.916
14:1 ¹	g	0.161	2	--	0.046	0.137
15:1 ¹	g	0.000	2	--	0.000	0.000
16:1 undifferentiated ¹	g	0.297	2	--	0.084	0.252
17:1 ¹	g	0.000	2	--	0.000	0.000
18:1 undifferentiated ¹	g	5.326	2	--	1.510	4.527
20:1 ¹	g	0.000	2	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.970	--	--	0.275	0.824
18:2 undifferentiated ¹	g	0.696	2	--	0.197	0.592
18:3 undifferentiated ¹	g	0.117	--	--	0.033	0.099
18:3 n-3 c,c,c (ALA) ¹	g	0.117	2	--	0.033	0.099
18:3 n-6 c,c,c ¹	g	0.000	2	--	0.000	0.000
20:2 n-6 c,c ¹	g	0.000	2	--	0.000	0.000
20:3 undifferentiated ¹	g	0.000	2	--	0.000	0.000
20:4 undifferentiated ¹	g	0.039	2	--	0.011	0.033
Cholesterol ¹	mg	74	2	--	21	63
Amino Acids						
Tryptophan ¹	g	0.106	--	--	0.030	0.090
Threonine ¹	g	0.359	--	--	0.102	0.305
Isoleucine ¹	g	0.501	--	--	0.142	0.426
Leucine ¹	g	1.013	--	--	0.287	0.861

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package (3 oz) 85g
Lysine ¹	g	0.875	--	--	0.248	0.744
Methionine ¹	g	0.294	--	--	0.083	0.250
Cystine ¹	g	0.064	--	--	0.018	0.054
Phenylalanine ¹	g	0.448	--	--	0.127	0.381
Tyrosine ¹	g	0.468	--	--	0.133	0.398
Valine ¹	g	0.609	--	--	0.173	0.518
Arginine ¹	g	0.363	--	--	0.103	0.309
Histidine ¹	g	0.270	--	--	0.077	0.230
Alanine ¹	g	0.283	--	--	0.080	0.241
Aspartic acid ¹	g	0.794	--	--	0.225	0.675
Glutamic acid ¹	g	2.013	--	--	0.571	1.711
Glycine ¹	g	0.218	--	--	0.062	0.185
Proline ¹	g	1.027	--	--	0.291	0.873
Serine ¹	g	0.577	--	--	0.164	0.490
Hydroxyproline ¹	g	0.000	2	--	0.000	0.000

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD